

Canadian Federation of University Women – Ottawa

# Capital Carillon

## April General Meeting

**DATE:** Monday, April 3, 2017  
**TIME:** 7:30 p.m.  
**PLACE:** Riverside United Church/  
 Anglican Church of the  
 Resurrection,  
 3191 Riverside Drive,  
 Ottawa, ON K1V 8N8  
 (across from Mooney's Bay)  
**SPEAKER:** Dr. Thierry Mesana,  
 President and Chief  
 Executive Officer of the  
 University of Ottawa Heart  
 Institute  
**TOPIC:** "Heart Institutes: the right  
 model for cardiac patients"



Photo by M. Valberg

Dr. Thierry Mesana is the President and Chief Executive Officer of the University of Ottawa Heart Institute. He is also recognized as one of

the leading heart valve surgeons in the world. Dr. Mesana received his medical degree in 1985, from the Université de la Méditerranée, in Marseilles and his PhD in biophysics and biomechanics in 1990.

In 1991, Dr. Mesana was, at the time, the youngest cardiac surgeon in France to receive a full professorship. He then became the Chair of Thoracic and Cardiovascular Surgery at La Timone University Hospital, the largest hospital in Marseilles. In the following ten years, he greatly expanded their cardiac surgery program, doubling its' size.

(see Meeting on next page)

## PRESIDENT'S MESSAGE

CHARLOTTE RIGBY

History is repeating itself! We are asked once again to consider the motion that was proposed by CFUW St. Thomas at CFUW's 2016 AGM in St. Catharines: *In Canadian Federation of University Women Articles and Bylaws – Articles, strike out Article 4 – Membership in the International Federation of University Women (IFUW) CFUW shall be a member of the IFUW.* Because the motion was to amend the CFUW Articles, it required a 2/3 majority to be approved. It received 55% approval, so failed to pass, and CFUW remains a member of GWI. This year, in a repeat performance, the identical motion will again be presented at our 2017 AGM, to be held June 24-25 in Richmond, BC.

In 2015, IFUW changed its name to Graduate Women International (GWI,) but many of the documents you see still refer to it as IFUW.

GWI is in a precarious financial condition, and at the GWI Triennial Meeting last August, delegates voted to increase member dues. We are told that CFUW dues will have to increase if we are to be able to pay the increase; that many CFUW members and clubs have vowed to leave CFUW rather than pay increased dues to support GWI; and that that many CFUW members and clubs may resign from CFUW if CFUW does withdraw from GWI. Either way, the decision that CFUW makes at our 2017 national AGM will be important for both organizations.

CFUW clubs across the country are once again holding discussions on the issue

and club members are voting to instruct their club delegates how to vote at the AGM. You will remember that last year we held a Special CFUW-Ottawa Information Meeting in mid-April and at our club AGM in May we voted to instruct our club president to vote against the motion at the national AGM. Members who could not be at our club AGM were encouraged to vote by proxy, and many did.

We will follow the same procedure again this year, so mark your calendars for our Special Information Meeting, on Thursday April 20 at 1:00 pm. We will update information and actions over the past year, including the work of the Task Force that reported on CFUW's Way Forward. Our goal is to provide complete and updated information before we vote on the issue at our club AGM on May 9. We encourage you to vote by proxy if you can't be there.

(see President on next page)

## INSIDE

IWD Walk in Her Shoes Challenge  
 Gatineau Trails Group at the Canadian Ski Marathon  
 Northern Footsteps: Celebrating IWD  
 Focus on GWI  
 GWI Can Help with CFUW Advocacy  
 Resolutions for CFUW-National  
 Scholarship Evening and Winners  
 Protecting Yourself from Scams  
 The Dorito Effect  
 The Canada/USA STC Agreement

**Meeting – continued**

In 2001, Dr. Mesana was appointed Chief of Cardiac Surgery at the University of Ottawa Heart Institute. Under his leadership, the Institute’s surgical program became a leading Canadian and International program and his valve repair program has been recognized as one of the best in the world. His emphasis on repairing failing heart valves helped to establish this approach as a gold standard for treatment. During his tenure at the Institute, he marked the milestone of the organization’s 500<sup>th</sup> heart transplant.

Dr. Mesana has fostered an international collaboration with the Qingdao Hospital to build the Qingdao-Ottawa Heart Institute, which will be the first Chinese hospital officially affiliated and co-branded to a Canadian institution.

Dr. Mesana is a member of the American Association for Thoracic Surgery, the European Society for Cardio-Thoracic Surgery, and the Canadian Cardiovascular Society. He has received several national and international awards, has authored and co-authored 300 scientific publications, and has given over 100 lectures as a Guest Vis-

iting Professor in Canada, the United States, Europe, Japan and China.

During the Business meeting, the Issues and Advocacy group will present the two policy resolutions to be proposed at the 2017 National AGM.

Please join us on April 3<sup>rd</sup>. CFUW-Ottawa General Meetings are open to the public. Feel free to invite your family and friends.



## International Woman’s Day Walk in Her Shoes Challenge

It was a wet and chilly day in March when several hundred people and a small contingent from CFUW met on Parliament Hill in response to Care Canada’s challenge. The idea was to walk 10,000 steps in solidarity with women and girls in many developing countries who walk that far each day to find and carry home water. CARE Canada officials and federal politi-

**President – continued**

And voting by proxy is easy! You simply fill out a form to identify your proxy, who is a member who has agreed to vote on your behalf according to your instructions. Proxy forms will be available on our website, at our general meeting of April 3, and at our Special Information Meeting on Thursday, April 20.

CFUW is the largest GWI member, and our support (or its withdrawal) will have profound effects on both GWI and CFUW. Please join us on April 20. Find out more about the issues and our choices. Your vote is important. Whether in person at our club AGM, or by proxy: prepare to vote on May 9!

*Capital Carillon* is published monthly from October to May, except for January.

Please send all material for the next issue to Gail Tyerman at [tyermag@rogers.com](mailto:tyermag@rogers.com)

Suggestions and comments always welcome

Next issue: **May 2017**  
Deadline: **April 15, 2017**

Previous issues are located on the Club website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).



Pam Goldsmith-Jones, MP, (centre) joins Heather Lewis and Charlotte Rigby, who bravely hold CFUW banner in the rain. Photo by CARE Canada staff.



Sophie Grégoire Trudeau addresses the crowd. Photo by Gail Tyerman

## CFUW Gatineau Trails Women at the Canadian Ski Marathon



Back row, L to R: Marion Agnew, Jackie McConville, Karen Shigeishi-Waite, Peggy McGillivray, Kringen Henein and Danielle D'Amour Front row, L to R: Freida Hjartarson, Libby Leslie and Margie Bott. Photo by Karen Shigeishi-Waite



L to R: Karen Shigeishi-Waite, Jackie McConville and Marion Agnew. Photo by Kringen Henein

The Canadian Ski Marathon has been running in the hills north of Montebello QC every February since 1967. This two-day event covers 160 km between Buckingham and Lachute. Participants ski as few as one or as many as ten sections over the two days. They range in age from 6 to 86 with everyone skiing at their

own level and pace. CFUW Ottawa women have been participating in this event for many years and 2017 was no exception.

Nine women from the Gatineau Trails interest group took part this year. Between them, they skied 29 sections and brought home two individual medals for skiing 5 sections (Danielle

D'Amour and Jackie McConville), a silver tip award (Peggy McGillivray) and a Veteran Women's Team silver medal for 16 sections (Marion Agnew, Freida Hjartarson, Danielle and Jackie). It was Libby Leslie's 23<sup>rd</sup> marathon and Margie Bott's first. Everyone completed at least one section despite challenging conditions. Après ski at the Chateau Montebello included great meals, swims and sharing of adventures in the hot tub or around the historic fireplace.

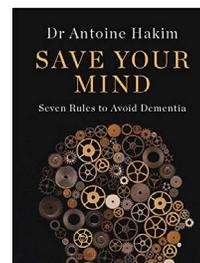
What a great way to celebrate winter!

**Kringen Henein**



### Save Your Mind: Seven Rules to Avoid Dementia

This practical and informative book by prominent Ottawa neurologist Dr. Antoine Hakim says that you can avoid dementia and the loss of control that accompanies this brain disease by following the author's seven



specific rules to exercise the brain and body. Members of CFUW will recall the presentation made by Dr. Hakim at our General Meeting in January 2016. His new book "Save your Mind" will be available April 20, 2017.

## Northern Footsteps: Celebrating International Women's Day



France Rivert recounted her inspiring life story. Photo by Beverly McIntosh

France Rivet inspired us all in describing her love affair with Canada's north and how, after 20 years as an IT Professional, she quit her job to go north. She turned her passion for the Arctic into a pursuit of the mystery of the late 19<sup>th</sup> century exhibition of Inuit families in Europe. This eventually led to a book, a televised documentary and the repatriation to Canada of the remains of these exploited individuals. We were then entertained by the dynamic music of

the "Twin Flames" band. We even saw our club President up and dancing. A chance to chat and dine on sweets followed.

International Women's Day was

well and truly celebrated. We thank the collaboration of the CFUW clubs of Ottawa, Kanata and Nepean as well as the Ottawa Council of Women for this wonderful and fun event at Centrepointe Theatre on March 8.



The IWD After-party continued the fun. Photo by Beverlee McIntosh

## Focus on GWI – What are we Learning about our International Arm



As a follow-up to discussions about whether or not CFUW should remain a part of Graduate Women International (GWI), a new study group started this season to learn what GWI does in order to better inform discussions going forward. We have discovered that GWI is much more than an international organizing body; it leads a variety of projects, partners with many organizations and advocates actively for women and girls, especially for their education.

In projects and partnerships, GWI is working with other NGOs to empower girls in African countries (Rwanda as a start) to access information that will inspire them to complete secondary school and transition to tertiary education or professional work. GWI is supporting training for women teachers in

Uganda where girls cannot be taught by men. The Bina Roy Partners in Development Program supports local projects that empower girls and women through education and leadership development.

In advocacy, GWI has Special Consultative Status with the United Nations and works with 15 volunteers who represent GWI at UN meetings in New York, Geneva, Vienna and Paris. Members of the Focus on GWI group had video conference calls with GWI UN representatives in Geneva and Vienna, women who believe in advocacy to raise awareness of women's issues on the international stage. They volunteer their time and receive no compensation to attend and participate in meetings and conferences, prepare reports and network with representatives of other NGOs and missions from UN member countries. They can spend 30 hours in a week working on

NGO committees and working groups focused on the status of women, human rights, peace and disarmament and other issues important to women.

To learn more about these GWI activities see: <http://www.graduate-women.org/what-we-do/>

To watch a video of a Flashmob initiated by one of our GWI representatives as a side event to the International Day of the Girl Child 2016 in Geneva, see: <http://www.ngocsw-geneva.ch/international-day-of-the-girl-2016-flashmob-dance/>

A full report on these conference calls can be found on the Focus on GWI part of the Study and Interest Group section of CFUW-Ottawa website. For future updates on what we are learning and links to reports and websites, see: <http://cfuw-ottawa.org/page-809208#GWI>

Barbara Newbegin and  
Dorothy Phillips

## GWI Can Help with CFUW Advocacy

Nina Joyce lives in Geneva where she attends UN meetings as a GWI representative. She is a volunteer, we don't pay her anything, but she advocates for us. In a recent Skype conversation with us, Nina offered to review CFUW resolutions and suggest how we could phrase them so that she could use them effectively at UN meetings. Not only does she attend meetings of UN committees, but she also meets Canadians who are part of the Permanent Mission of Canada in Geneva. She could talk to them about our Canadian issues. She does that with other countries' missions, why not with Canada's too?

So we sent her one of this year's resolutions, the one on "The Right to Safe, Clean, Accessible and Affordable Drinking Water and Sanitation on First Nations Reserves in Canada." Within a day, Nina responded with lots of information. She suggested:

- Fleshing out the resolution's relationship to women's rights/education;
- Relating it to Sustainable Development Goal (SDG) 6 on Clean Water and Sanitation, and also to SDGs 3, 5, and 15. (Check the web to see the United Nations Sustainable Development Goals);
- Referencing the Human Rights Council resolutions and other documents that countries use in their UN work (she sent links);
- Making the resolution's recommendations specific on how to overcome the funding and the jurisdictional issues that are noted in the background to the resolution; and,
- Possibly seeking common ground among the several NGOs that are also lobbying the Canadian government on this issue.

With the resolution framed with these ideas in mind, Nina would be able and willing to work with CFUW to advocate on CFUW's behalf at the various committees she attends in Geneva including the Canadian mission to the UN. We have sent the above ideas to the CFUW-Ottawa

Resolutions and Advocacy Committee to help inform our club's discussion. (See separate report in this issue.)

How useful our connection with GWI can be!

Dorothy Phillips and  
Barbara Newbegin

### Resolutions for CFUW-National

The CFUW-Ottawa Resolutions and Advocacy Committee met on March 6<sup>th</sup> to consider the Resolutions. We decided to recommend to the Club the rejection of Resolution One, "The Right to Safe, Clean, Accessible and Affordable Drinking Water on First Nations Reserves in Canada." Although we applaud the advocacy of clean, safe water for all Canadians on Reserves, our sense is that the Resolution needs rewriting. As it stands, it is too wordy. The first two "Whereas" clauses are not needed. However, our major concern was that this resolution needs to reflect the fact that in October 2016, the 2016 Federal Budget sets aside \$1.8 Billion for clean water on Reserves and specifies guidelines. We suggest that there is an important role for CFUW to observe and hold the government to account for timely and appropriate strategic action to ensure that First Nations have effective and sustainable drinking water.

If we send it back to the originating Club, they should be able to make the changes necessary to create a new version, which we would strongly support at the National AGM.

After some discussion, we decided to recommend the approval of Resolution Two, "Universal Pharmacare". The Resolution calls for the federal government to implement "a publicly funded drug plan that would cover medically necessary prescription drugs for all Canadians, regardless of their ability to pay". The phrase "medically necessary prescription drugs" leaves open a measure of discretion for both medical and governmental personnel to determine what such a list should be. A research report in the Canadian Medical Association Journal (see <http://www.cmaj.ca/content/189/8/E295>) concludes: "...adding universal public coverage of essential medicines to the existing public drug plans in Canada could address most of Canadians' pharmaceutical needs and save billions of dollars annually." The Federal government needs to create a national pharmacies system for a list of "essential" generic drugs based on one created by the World Health Organization tweaked for Canada's needs. We found the arguments presented by the Resolution and these articles to be persuasive and will recommend that we support this Resolution when we discuss it at our Resolutions General meeting on April 3.

## Scholarship Evening, March 13, 2017

The CFUW-Ottawa Scholarship Trust Fund hosted its annual Scholarship Evening on Monday March 13<sup>th</sup>. It was a wonderful evening celebrating all our scholarship winners but particularly the 11 who were in attendance. These winners brought friends and family who with our membership produced a very respectable audience of over 90 individuals. One student had her entire family there who had come all the way from Windsor Ontario to be with her and another student drove all the way from Montreal just for the evening. All the students were clearly delighted to be there and very grateful for our financial support.

The celebration began with performances from two of our music scholarship winners. Viktoriia Grynenko, winner of the Barbara Newbegin Graduate Scholarship in Music at the University of Ottawa, did a violin solo - Bach's Chaconne from Partita no. 2 in D minor. She was followed by Emily Calongcagong, winner of the Helen Nininger Scholarship in Fine Arts at the University of Ottawa, accompanied by Beverly Cheung on piano, who played the Mozart Flute Concerto in D major. All three gave amazing performances, and the audience showed their appreciation and delight with lengthy rounds of applause.

After the recitals, awards were given out by our President, Charlotte Rigby, to the 11 winners in attendance and individual and group photos were taken. Regrets and messages of thanks were read out by two special guests – Kylie Patrick, Development Officer at Carleton for students from Carleton and Graham Thompson, Manager of Major Gifts and Alumni Relations for our Algonquin student winner. A reception followed and it was lovely to see that the CFUW members, family and students all stayed to mingle and chat. Many members said that



Scholarship winners with President Charlotte Rigby and Scholarship Trust Fund Trustees. Photo by Lizz Wilfert

they were so impressed with the young women we were supporting and that they had thoroughly enjoyed the evening.

Thanks are due to Patricia O'Flaherty and Margaret Haines who organized the event, to Charlotte Rigby who assisted with the programme and logistics, and to Pierrette Maclean, Vicki Kohse, Christine

Narraway and Mary Broderick, who all assisted with the reception.

We look forward to another wonderful evening next year.

Margaret Haines,  
Chair, Scholarship Trust Fund

See **Winners** on next page

### CFUW Book Club III

Invites you to a book presentation  
by author Crystal Siddons, PhD

*Queen of the Hurricanes: The Fearless Elsie MacGill*  
1 of 5 finalists of "Women on the Canadian Money"

Tuesday May 16, 2017, 7:30 pm

Place: Riverside United Church, 3191 Riverside Dr

RSVP by April 1, 2017 to Janet Riehm  
[jriehm@sympatico.ca](mailto:jriehm@sympatico.ca) or 613-744-7305

Books are available from:

Perfect Books- 258 Elgin Street, 613-231-6468

Second Story Press

Download on Kindles

The author also has a small stock.

\$20 (tax included)

**CFUW-Ottawa STF Scholarship Winners 2016-17**

**University of Ottawa**

Gladys Harvey Award	Shelby Lambert	2nd year, Bachelor of Science in Nursing
Charlotte Whitton Award	Stevy Kuimi	1st year, Master of Applied Science Electrical and Computer Engineering
Mary Kyles Award	Fatima Fayyaz	3rd year, Honours Bachelor of Social Sciences in Criminology
Muriel Axon Award	Christine Saad	1st year, Bachelor of Education-Junior/Intermediate Division
Lucille Muldoon Award	Jessica Hope Touhey	4th year, Honours Bachelor of Soc. Sc. in International Development and Globalization
Lillian Gertsman Scholarship	Leah Clement	3rd year, Honours Bachelors of Arts-Social Sciences in Psychology
Helen Nininger Scholarship in Fine Arts	Emily Calongcagon	1st year, Bachelor of Music
Barbara Newbegin Award in Music	Viktoriiia Grynenko	Master of Arts: Music
Reid Memorial Scholarship	Morgan Kasiene Morrissey	2nd year, Doctorate in Medicine
Constance Jones Scholarship in Women's Studies	Emily Payeur	1st year, Honours Bachelor of Arts with Major in Women's Studies
Barbara Newbegin Award in Mathematics	Navjot Sandila	4th year, Honours Bachelor of Science in Statistics

**Carleton University**

Ruth Bell Centennial Scholarship Honouring all Members of the Ottawa Club since 1910	Katherine Velluso	Bachelor of Communication & Media Studies Honours
Shirley Greenberg Award	Mona Jerry	Bachelor of Arts Honours; Criminology and Criminal Justice
Harriet and Eugene Forsey Graduate Scholarship	Elsa Piersig	PhD Public Affairs; Political Science
Naomi Rayner Scholarship	Anny Janine Woodward	Bachelor of Arts; Psychology
Susan Scott Parker Scholarship	Haley Marshall	Bachelor of Journalism
Dr. Ruth Bell Scholarship	Christine Tulk	Bachelor of Science Honours; Psychology
Earl B. Connell Foundation Scholarship	Bronwyn Thies-Thompson	Bachelor of Music Honours
Dorothy Powell Scholarship	Ireoluwa Oluwasola	Bachelor of Arts Honours; Economics
Carol Shields Scholarship	Anne McKay	Bachelor of Arts Honours; Philosophy
Helen Nininger Scholarship in Music	Alexandra Clouthier	Bachelor of Arts Honours; Music

**Algonquin College**

Sherrylyn Sarazin Scholarship	Hillary Sayers	4th year Bachelor of Hospitality and Tourism Management
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*Dragon Boat Racing*

The 24th Tim Hortons Ottawa Dragon Boat Festival will take place June 22-25, at Mooney's Bay Park. **Join the Fun!** We need volunteers to paddle, be leads, manage the team site, help with fundraising and more... **Although the Dragon Boat Festival is not until June, we must get organized NOW.** Please contact **Trish OFlaherty** for your questions regarding the logistics, cost and practices, etc. and/or interest in participation: [pmoflaherty@gmail.com](mailto:pmoflaherty@gmail.com)

## 2017 MUSICAL LUNCH & SILENT AUCTION



**Wednesday, May 17th, 2017**  
**Silent Auction starting at 11:30 am**

**The Royal Ottawa Golf Club**  
**1405 Aylmer Rd., Gatineau, Quebec**  
Parking on site is free

### Your ticket includes:

- Elegant Three-Course Lunch with a small glass of wine
- Performance by first class musicians
- Two Tickets for each person to an up-coming Musical Event compliments of the NAC
- Door Prizes

*Don't forget to bring cash and your cheque books Raffle-10 tickets for \$5.00 (cash only)*

The Fundraising event is sponsored by the CFUW-Ottawa Study and Interest Group- **University Women Helping Afghan Women**. Thanks to the members of this group for their generous donation of 2 raffle baskets. The proceeds from the meal will go towards the CFUW-Ottawa scholarships at Carleton University, the University of Ottawa and Algonquin College. The proceeds from the Silent Auction will support the scholarships for Afghan Women at the **Gawharshad Institute of Higher Education in Kabul, Afghanistan**.

**Tickets to the Lunch: \$55 (includes tax and service). Tax receipts will be issued.**

**Ticket Sales: Available at the April 3 General Meeting or starting April 1st, contact Alice Bolt at 613-731-5221 or at [ianbolt@sympatico.ca](mailto:ianbolt@sympatico.ca). All cheques are to be made payable to "UWHAW" and mailed to Alice Bolt.** Online registrations and payments are not available for this event. Please advise Elizabeth Wilfert at [cfuw.ottawa@bell.net](mailto:cfuw.ottawa@bell.net) if you would like special seating arrangements. Contact Alice Bolt if you have any dietary issues

*Registration is open to all CFUW-Ottawa members and guests,  
both women and men.*

*What a great opportunity to enjoy lunch at the Royal Ottawa Golf Club  
with your partner or a friend and at the same time help students  
at home and in Afghanistan!*

## CFUW-Ottawa 2017 AGM & Dinner

Tuesday, May 9, 2017  
Registration 5:30 p.m.  
Dinner at 6:00 p.m.

Restaurant International  
Algonquin College  
1385 Woodroffe Ave.  
Ottawa ON (H Bldg.)

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**Ticket Price: \$35**  
(incl. tax & service charge)

All cheques payable to  
CFUW-Ottawa

### **Buy your tickets:**

- At the April General Meeting
- Online at [www.cfuw-ottawa.org/events](http://www.cfuw-ottawa.org/events)
- By contacting Christine Rollo at (613) 727-3857

**The cut-off date for buying  
tickets is May 1**

*Registration is open to  
members only!*

The menu will be posted on  
the website in April.



## Protecting Yourself from Scams

On February 13<sup>th</sup> Janet Parry, convenor of the Study and Interest Group, Economic Realities, arranged an informative gathering at the Duke of Devonshire Retirement Home, courtesy of our hostess Marny Emmerson. Constable Dawn Neilly, an Ottawa Community Policing Officer, spoke to us about how to identify and protect ourselves against the scams we hear about on a regular basis. These can range from people showing up at your door saying they are working in the neighborhood and can give you a 'good deal' on their services, to telephone and internet scams, to identity theft.

In the first example, don't commit to anything when someone comes to your door, don't let them pressure you to decide immediately; first check references,

get other quotes for the work, ask your neighbors etc. Do not let people into your home to check furnaces, water heaters etc unless you called them or you know the company they represent and they have ID.

Internet and phone scams are very common and can wreak havoc on your computer and on your life if they get access to your personal and banking information. The Canadian Revenue Agency (CRA) does not send emails or telephone you to say you owe them money. Microsoft does not phone you to tell you they have detected a problem with your computer and they can fix it online. If you are not sure, then call CRA or Microsoft customer service. If you don't know the person who is sending you an email, don't open it. There are ways to verify

the sender, so ask someone to help you.

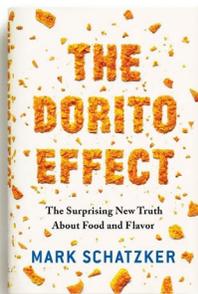
Identity theft is big business in our connected world. Some tips to protect yourself: shred documents that have any personal or financial information; protect your credit cards with special sleeves or wallets that prevent someone nearby from reading information from your cards; don't give your credit card information over the phone unless you are sure who you are talking to; check your credit rating with Equifax or TransUnion.

Some resources are: <http://www.antifraudcentre-centreantifraude.ca/index-eng.htm> and <http://www.cra-arc.gc.ca/charities/>

Remember, if it seems too good to be true, it probably is.

**Barbara Newbegin**

### The Dorito Effect: The Surprising New Truth About Food and Flavor



Have you ever wondered why real food seems to have lost its flavor? And in addition, have you ever considered what nutritional implications this might have?

Mark Schatzker, an investigative journalist, in a new book, *the Dorito Effect*, draws upon food science and studies of nutrition to explain how chickens, tomatoes, peaches, lettuce and other meats and produce have been bred for quicker growth, higher yields, pest resistance, shipping durability and appearance. Two of the unintended consequences have been the dilution of the original flavor of food and the reduction of its nutritional content.

To solve the first problem, artificial flavors, chemicals, salt and sugar are added by the food industry to make bland chicken, tasteless tomatoes and watery lettuce palatable. However, studies have shown that natural flavor and

nutritional content are linked and this linkage was developed over evolutionary time. When we eat food with a particular flavor, the body expects to obtain particular nutrients. Once we obtain enough of these, our body tells us to stop eating. Artificially flavored foods are confusing. They do not provide these nutritional signals so we keep on eating, expecting to get nutrients which often aren't there (you can't eat just one Dorito). Along with the addictive nature of sugar and salt, the author suggests that this confusion has contributed to the obesity epidemic in North America.

Trying to eat whole foods from farmers' markets or planting heritage seeds in home gardens is good, but will not solve the problem on a large scale. The food industry itself should turn its attention to restoring natural flavor and the associated nutritional content these over-bred foods have lost.

The CFUW-Ottawa Environmental Toxins and Health Group are currently studying Food Industry issues.

**Joanne James**



## The Canada/USA Safe Third Country (STC) Agreement

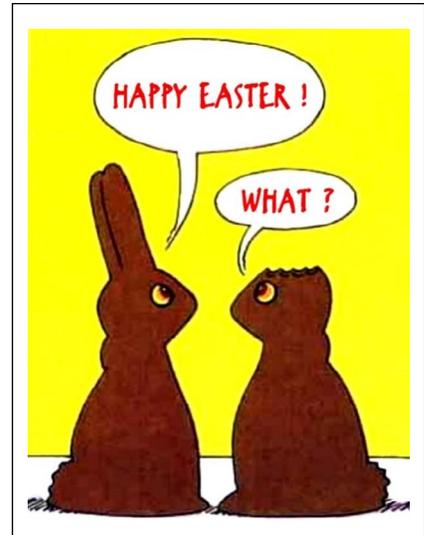
At the request of CFUW-National, the following text was sent to local Members of Parliament by our club President on your behalf on February 23, 2017.

CFUW members are concerned about the increasing numbers of migrants who risk serious injury or death by entering Canada illegally from the United States hoping to claim refugee status.

The Canada/USA STC Agreement prohibits migrants who legally enter Canada from the United States to claim refugee status, as they should have made their claim in the USA. But currently the USA denies admittance based on religion or country of origin; and human rights, fundamental freedoms and tolerance are no longer guaranteed. Applicants for refugee status (including US residents) are at risk of deportation. Tragically, most of the migrants negatively impacted are those fleeing oppressive, often war-torn regimes, where humane law has been suspended. Desperate migrants are making dangerous journeys under harsh winter conditions to enter Canada illegally, so that their cases will be heard. Canadian Border authorities and local communities have been treating arriving migrants with compassion and dignity, but the pressures will only increase, as warmer weather makes the journey less hazardous, and the numbers of desperate migrants increase.

If Canadians truly agree that *To those fleeing persecution, terror & war,*

*Canadians will welcome you, regardless of your faith. Diversity is our strength,* to quote Mr. Trudeau, we must welcome those seeking freedom from persecution, no matter how they enter Canada. We realize that there is no easy solution, and that we must ensure that our country is safe from terror, criminal or health risks. But the need is enormous; and we look to the Government of Canada, to act quickly and humanely, in collaboration with provincial partners, to devote resources and support to welcome those in need of sanctuary.



### LOOKING AHEAD TO CLUB EVENTS IN SPRING AND SUMMER 2017

## MARK YOUR CALENDARS!

**April 3:** CFUW-Ottawa General meeting with Speaker Dr. Thierry Mesana on "Heart Institutes: the right model for cardiac patients". Presentation of 2017 draft policy resolutions

**April 20, 1 pm:** Special Information Meeting: The CFUW-GWI vote at the 2017 AGM

**May 9:** CFUW-Ottawa Annual General Meeting, Algonquin College

**May 12-13:** Ontario Council AGM and Conference Stratford ON, "The Transformative Power of the Arts"

**May 17:** Musical Lunch and Silent Auction, Royal Ottawa Golf Club, Gatineau, Quebec (ticket sales start at the March 13th General Meeting)

**June 13:** UWHAW Summer Evening Garden Reception, Home of Hally and Hugh Siddons by the Canal, Ottawa (ticket sales start in late April)

**June 22-24:** CFUW AGM and Conference Richmond BC, "Gateways/Passerelles"

**June 23:** CFUW-Ottawa Golf, Bridge and Lunch, Larrimac Golf Club, Chelsea, Quebec (ticket sales start at the May 9th AGM)

**September 18:** CFUW-Ottawa Season Opener, Ottawa City Hall

